

# Authentic Life Journey Coaching Six-Session Series

## Journaling Week 5

Date: \_\_\_\_\_

**1) What attachments do I have about my intention? What might I do to help me release my attachments?**

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**2) What judgement am I holding about my journey? How might I shift my judgements to loving kindness and see my journey as only a positive? What judgements do I hold of myself? How do I feel about my judgments? How much power do I give my judgment? What can I do to let go of my judgements?**

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**Meditation: "Letting Go"**

**Continue working with your Gratitude Board and Letter of Forgiveness**

**Meditation "Loving Kindness"**

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Remember this is a journey and there is no right or wrong and you are always staying in a mind of loving kindness. No matter what you surface how on task or off task you may feel just be gentle and know you are doing the best you can. All is happening in perfect order and time. Start working on eliminating the blocks that keep you from your Authentic Life!

**Enjoy your process, don't hold onto any expectations of how it will go, just let it flow!**

**Namaste**